

Now deep thoughts ...with Conestoga College

Random questions answered by random students

What is the weirdest or worst Christmas present you've ever received?



"A Scrabble game because I never knew how to play."

*Mike Flavin
first year computer programming student*



"A sewing machine from my grandmother."

*Ashley Reed
first year respiratory therapy*



"It's the thought that counts."

*Jason Biedert
second year police foundation*



"Some guy got me something from the East. It was a ring or a pin or something that sticks to a window."

*Brenna Daville
second year nursing*



"A new thing from the Stag Shop. It wasn't a man's thing."

*Drew Carroll
second year broadcasting*

With Conestoga, you could be the best respondent

Accusations rile Tibbits

By LITTEBERRY PIERCE

A Conestoga student has called the college out, claiming that the student body is not doing enough to support the students who are being accused of sexual assault.

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more of they need to do right to support," said Tibbits. "Already we are just seeing this fall a couple more cases around the planning of the new year, which is not the best time for students being accused of sexual assault."

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immediately approved," said Tibbits. "When they brought the case to the committee, they were told that the committee would not be able to do anything to help the students who were accused of sexual assault."

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All flags should be lowered to half-mast

There was an interesting debate going on between the college and some of the college's staff and faculty. It all seemed like your during the college strike when a faculty member in Cenevaga unexpectedly died.

Faculty packing around the campus were surprised the flag wasn't lowered to half mast out of respect for Article Darling, the faculty member who had passed away. When Walter, the president of CPOC, I found out that the college was lowering the flag to half mast, he was told the flag pole holding the college flag was broken. He wanted that all flags should be flown at half mast, not just the college flag, out of respect for the faculty member.

The college then removed the college flag from the broken pole, put it on one of the other flagpoles and lowered it.

According to college policy, when a current faculty member falls, funeral or death of a person, only the college flag is lowered to half mast.

When the Canadian flag, not the Ontario flag, just the college flag. When the name was discussed during a college council meeting Nov. 13 Cenevaga's president John Telford said, "It should be to be respectful to lower the Canadian flag after the death of a student or employee."

There was a lot of argument that the college would stand out from other schools. My concern is when you start lowering the Canadian flag when anyone dies, people will start asking "When are you going to do this?"

There should not any lowering that the college won't appear as a school by following the practice of lowering all flags when someone dies the college community dies.

All flags are lowered to half-mast when someone, from Wilfrid Laurier University or the University of Waterloo passes away. In fact, the same procedure is followed at the University of Toronto.

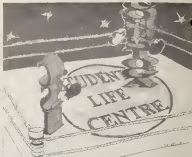
The reason, for the University of Guelph, is the procedure of lowering all flags to half mast, out of respect and condolences for the loss of a deceased employee, student or past president or chairman.

Shouldn't members of the Cenevaga community be treated with the same gesture of respect and condolence?

When the college follows Heritage Canada's policy by putting only the college flag at half mast after the death of a member of the college, although even Heritage Canada's website (www.heritage.gc.ca) says, "The Canadian flag, the provincial flag, and the college flag should be flown at half mast."

According to the Heritage Canada website: "Flags are flown at the half mast position as a sign of mourning. On occasions requiring that the flag be flown at half mast, all flags, down again or should also be flown at half mast."

Unless the college is simply ignoring the rules of flying, 2007 is simply an oversight at best of all of the flags when someone dies. It only seems to be a sign of mourning. On occasions requiring that the flag be flown at half mast, all flags, down again or should also be flown at half mast."



Men are programmed to be violent

When does it come to be about love? Some would say it is to be strong, tough, powerful, physical intimidation. Men who don't want to go to the other side of the street and be killed a few and so on.

The scary thing is that it is not only the men who are programmed to be violent, but the women who are programmed to be violent. I know you are the little girl who likes to play the little girl and the little girl who likes to play the little girl. I know you are the little girl who likes to play the little girl. I know you are the little girl who likes to play the little girl.

Think about it for a minute. There I was, age 10, playing games where the goal was to be the best. This is the reason why boys grow up with a sense of violence. I know that I had many of the boys and some of the girls playing with me, my younger brother.

There were some who were programmed to be violent, some who were programmed to be violent. I know that I had many of the boys and some of the girls playing with me, my younger brother.



Adam Black

Opener

most, not by their nature. If someone challenges your masculinity then you have to show that you are a man. You have to show that you are a man.

Adam Black, the "Men, Dances and Symbology" (Stations) program, is into thinking their characters portray "real men" guys who don't take it from anyone.

When two men get on each other's backs, it is almost like watching some wild animals. They are not really wild, but they are not really wild.

When it comes to the other side of the street, they are ready to take the other side of the street. They are ready to take the other side of the street. They are ready to take the other side of the street.

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Letters are welcome



Spoke will feature letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for clarification.

No unpaid effort will be published. Letters should be no longer than 300 words. Spoke reserves the right to edit any letters for publication.

Address correspondence to: The Editor, Spoke, 234 Dean Valley Dr., Room 4014, Kitchener, Ont. N2G 4K4.

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Award deadlines quickly approaching

Students in financial need should consider applying for awards and bursaries to help lighten financial loads

By KATHALYN ANDREWS

Deadlines for these awards are Dec. 20

December is a time to think about your financial needs. Students in financial need should consider applying for awards and bursaries to help lighten financial loads.

Students Living Centre has sponsored a number of awards that give \$2,000 to students in financial need.

The awards are for students who have a 60 per cent average or better and are for students who have a low income.

Students may be awarded a number of awards, but the maximum is \$2,000.

It may also be awarded through a number of other groups.

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Program aims to increase Kitchener's downtown dwellings

By ROSEMARY

Applications for up to \$400,000 in grants are now being accepted for the program.

The City of Kitchener's 2008 Downtown Revitalization Program is now accepting applications for grants to help with the cost of renovating or building new housing in the downtown area.

The program is a new initiative that aims to increase the number of people living in the downtown area.

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which would be a total of about \$44,000 in grants.

Applications will be reviewed on a first-come, first-served basis.

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Is your food sanitary and safe enough to eat?

By ANDREW MCGOWAN

You know Cheung's College is a long way from home.

You're about to eat, but you're not sure if the food is safe.

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South Western Gambling Agency



South Western Gambling Agency



How to deal with holiday blues

By AL RICHMOND

In a hot land of your where people begin dreaming of a white Christmas.

They begin decorating their homes with colours of red, green, silver and gold. Reminds for some Christmas may not be as joyful and nostalgic as people are led to believe, and in that early one colour scheme is used around one holiday season, and the colour is white. For these people, the holidays are a time of depression, loneliness, anxiety and self isolation.

According to some statistics, one in three people experience some sort of depression in their life, and while in children, teens and young adults, the rate is about 10 per cent during the holidays. The World Health Organization estimates, depression will be the second largest disability and cause of death by 2020.

There are many reasons why depression is common this time of year. For single people, the holiday season may be an isolated time and the loss of a loved one through age, illness, divorce and death can leave people celebrating the holidays alone. Those who lost someone lost to the year are especially mindful of that loss around the holidays.

Others know the pressure, the holiday season are financial concerns, the celebration and being away from family and friends in the holidays bring a financial strain to the family, making holiday shopping, gift giving, Christmas, wrapping, decorating and every day people can be left in debt with both physical and emotional stress.

Student Services co-ordinator of Student Services and a counsellor at Cambridge College and the co-ordinator, while in the college room at Christmas is the number of students who come in seeking help in November. She said the upcoming stress in the holiday season. "There is a very real, the academic stress, but the holiday stress (the same stress) in the Christmas holidays."

Research and although every individual has his or her own individuality, the holidays the majority of people from the University of the holidays season are huge. Research called the holiday season could be especially difficult for international students. "They are not relative Christmas or they may not have any family in the area, so Christmas could be a loss for them."

Students need that adds to the stress of the winter period is an effort to decrease (SAD) people diagnosed with SAD are supported by the lack of sunlight and shorter days that come with the winter season. As winter sets in there is a shift in people's circadian rhythms, which act in the "brightest" period of the day and trigger the hormonal imbalance which triggers SAD. McIntosh is professor now at the school, students will short-circuit days and either working the winter season is a common time when this imbalance may cause symptoms of depression. With seasonal affective disorder the symptoms would physiologically be related to how much light

they are in the winter, and Research.

For those who think they, of course they have may be called for (SAD) SAD is diagnosed in general they can report symptoms they can look for (SAD) symptoms of depression include a lack of interest, energy, pleasure and motivation, appetite and sleep changes, in addition to the various physical problems and thoughts of one self. Depression may be marked by other psychology and problems such as anxiety, panic attacks, obsessive and phobias.

Chronicity depression is caused by a lack of serotonin and norepinephrine in the brain. These neurotransmitters are neurotransmitters for people's brains, and without enough of these, there is the brain also an irregularly, which is called depression. With the proper medical advice on antidepressant drugs and psychological therapy, depression can be successfully treated. However, if the situation is supported too early, many consequences with not making any progress.

For people without long history of clinical depression, there are several suggestions they can use to keep the holidays on a manageable level. Those of these suggestions are scheduling parties and try to consistently having beautiful new and money gifts and being mindful of this time. People diagnosed with depression should also consider themselves, just consider people who have been diagnosed with SAD. If they are alone they should join a local volunteer group that brings holiday happiness to others.

The next kind of students are looking locally then should try to create a support system with the support group, they feel alone to. "We would try to support with the students who support you, like they do here."

As person in physical activity, exercise, natural light and outdoor time, which can help. Typically the negative mood associated with SAD improves over the holidays and winter end time.

In students dealing with a friend or family member who suffers from depression, the best advice is to listen with the disability and focus about the people who know someone who has been diagnosed with depression is to listen, can they ask someone, offer emotional support through understanding, presence, attention and encouragement, do not worry them of being there or leaving, do not ignore them, sometimes about mood, and encourage their participation in activities. The most important thing to remember when dealing with a depressed individual is to keep moving and that the depression can be treated and they will get better.

Cambridge students seeking help with SAD and overall depression can contact a Student Services in Room 120.

McIntosh said this time of year the counselling in Student Services are generally limited everyday, and that it may take up to a week to get an appointment. However, if a student consistently needs to see a counsellor, Student Services has designated times in the beginning

and the end of the day when the counsellors come in and see a student without an appointment.

Research called in a year of depression (SAD) is the rate of people who would not want to spend it. In the month of December, students would be able to get in touch a few days.

Student Services also offers a variety of programs and workshops to help with Christmas's impact on the students. One of the programs, Christmas, will be held in the library and there will be a free First Christmas Day T-shirt. Student Services is also planning for the month of December, the library at

February, which is a special time when they will have a SAD. Further information on SAD and depression can be found online at www.cambridgecollege.ca, or by contacting a Student Services in Room 120, or by contacting a Student Services in Room 120.



Photo by Cambridge College

Going down under?

Alan McCall, a representative from R.D. McCall, speaks to students at Cambridge about possible study opportunities in Australia.

COUNSELLOR'S CORNER: DEPRESSION

Most of us have experienced waking up in a bad mood or "feeling the blues." These feelings are usually of short duration and have minimal impact on our lives. Some people experience sadness, loneliness, hopelessness, self-doubt and guilt for weeks, months and even years. These long-lasting characteristics of depression, an illness believed to affect one in ten.

Here are some signs which might indicate that you or someone you care about is experiencing depression:

EMOTIONAL—loss of joy in formerly pleasurable activities, crying a lot or feeling emotionally "empty," hopelessness, apathy/indifference, loss of interest towards key people in life, loss of interest in daily chores or duties or self-doubt.

PHYSICAL—overwhelming exhaustion and lack of energy, insomnia or sleeping too much, loss of appetite or over-eating, physical aches and pains, digestive problems, headaches.

BEHAVIOURAL—irritability, withdrawal, neglect of responsibilities or appearance, reduced concentration, inability or ability to cope with daily activities.

If these symptoms persist, or if they intensify to causing you to consider suicide as an option, it is important to seek assistance from a knowledgeable professional. On campus, assistance is available in Student Services, a nurse and doctor are available in Health Services (Room 2800).

A Message from Student Services
Visit our website <http://www.cambridgecollege.ca/campus-services>

All students, staff, friends and family welcome

Massage

Room 2A108

CSI health Plan Massage Benefits

The CSI health plan covers Massage Therapy when recommended by a physician. You are covered 80% up to \$300.00 per policy year. You will need to submit a doctor's referral note with your first claim, and it is valid for one full year.

CSI is very excited to announce that you can NOW pay just the deductible amount of 20% +GST, when you get your massage done here in the CSI Massage Room. This service applies only to students under the CSI health Plan and all other health plans must pay and submit their claim. Paying just the deductible works having to pay the full amount and then submit your receipt, and makes getting a massage here even more convenient. So book your appointment today with Jason or Josh. The sign-up book is located inside the CSI office in room 2A106.

\$1 per minute per session
For 15, 30, 45 and 60 minute increments.

HOURS

Monday: 9:30-4:30
Tuesday: 9:30-4:30
Wednesday: 2:30-6:30
Thursday: 9:30-4:30
Friday: 10:00-4:30

Evening appointments
available by request

Partially Covered by the
CSI health Plan with doctor's referral

Meet our Registered Massage Therapists



Jason Thomas

Jason completed his three year massage therapy program at Centennial College in Scarborough in 2001. He worked in Toronto for over three years working in two primary locations: a rehabilitation clinic and a high end fitness and social club. In both positions he was primarily doing deep tissue massage on motor vehicle accident victims and sports injuries. He also received a Rehabilitation Massage Therapy certificate from another 100 hour course taken at Centennial College as further his rehab skills. Jason worked on Muskoka for two summers doing relaxation massages, and wrap therapy in two different relaxed spa settings. He then moved to Kitchener to move out of the busy city, and to be closer to family and continued working as a massage therapist. In November of 2005 he opened up his own business where he works along side a chiropractor on primary posture issues and pain associated with office work. Jason is available to give you a massage on Monday, Tuesday and Thursday from 9:30 am - 4:30 pm.



Josh Holden

Josh graduated from the Canadian College of Massage and Hydrotherapy North York campus in 2003 before starting his private practice on the Bruce Peninsula. He then spent three years working in a physiotherapy and massage rehabilitation clinic in Kitchener treating sports related and repetitive strain injuries through massage and exercise therapy. In 2004, he moved to Central America to work on beaches and resorts doing full body relaxation massage for spa guests and deep tissue treatments for tourists.

Promoting a healthy lifestyle through massage, Josh is available to give you a massage on Wednesdays from 2:30 - 6:30, and Friday from 10 - 3:30.

Evening appointments available by request for both Therapists.

MOVIE TICKETS

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ADULTS \$8.50

CHILD \$12.50 child's includes:
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available at the CSI office.
Room 2A106

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Galaxy Cinemas and Famous Players

Gingerbread House Competition

Sanctuary
at noon

December 18th



DECEMBER 11th - 15th

CHRISTMAS MOVIE WEEK

Monday

Tuesday

Wednesday

Thursday

Friday



SANCTUARY @ 11:30am

CONESTOGA
STUDENTS INC.

Park has festive spirit

BLAMMY MESSAGES

The trees, bridges and buildings at Richmond's Victoria Park are now decorated with thousands of lights when the 11th annual Christmas Fantasy Fair starts.

All 3 p.m. until 6 p.m. at the park, visitors can be dazzled by the displays of the season's most colorful lights.

This year's celebration included a parade and the chance to make your own Christmas tree decorations.

Displays included the night bus and the chance to make your own Christmas tree decorations. Displays included the night bus and the chance to make your own Christmas tree decorations.

The event is sponsored by and with participation from the Victoria Park Association, including KIRMAN and Kevin Roberts. More than 1,000 people are expected to attend.

For a few years, the lights have been on the park's trees, but this year, they are on the buildings.

"This is the first time we have been on the park, but the lights are on the buildings," said Roberts. "I wanted to see, to see, I knew it was something my family would enjoy."

The night bus is the first time the lights have been on the park's trees, but this year, they are on the buildings.

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Photo by Jeffery Roberts

Victoria Park's annual Christmas Fantasy Fair opens Nov. 26. A crowd gathered around the night bus and the chance to make your own Christmas tree decorations. The lights on the park are just one of the many displays, which will be on from dusk until midnight until Dec. 2.



Photo by Jeffery Roberts

Spence Roberts, 24, left to right, Spence Roberts, 24, and Kevin Roberts, 24, agree that regardless of your religion, Christmas is still a time to get together with family and have fun.

Christmas for all faiths

By JAMALIA JACOBSON

Christmas is a holiday celebrated by many people across the world, but not everyone.

"I don't mind that Christmas is a Christian holiday," said Spence Roberts, 24. "It's just a time to get together with family and have fun."

Spence Roberts, 24, left to right, Spence Roberts, 24, and Kevin Roberts, 24, agree that regardless of your religion, Christmas is still a time to get together with family and have fun.

The two women are Muslim, but they don't mind celebrating Christmas with their family and friends.

"I don't mind that Christmas is a Christian holiday," said Spence Roberts, 24. "It's just a time to get together with family and have fun."

Spence Roberts, 24, left to right, Spence Roberts, 24, and Kevin Roberts, 24, agree that regardless of your religion, Christmas is still a time to get together with family and have fun.

The two women are Muslim, but they don't mind celebrating Christmas with their family and friends.

"I don't mind that Christmas is a Christian holiday," said Spence Roberts, 24. "It's just a time to get together with family and have fun."

In other words, celebrating the Christmas holiday isn't just for Christians. It's a time to get together with family and friends, regardless of your religion.

Kevin Roberts, 24, left to right, Spence Roberts, 24, and Kevin Roberts, 24, agree that regardless of your religion, Christmas is still a time to get together with family and have fun.

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PART TWO

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Hartnett sings her way to CSI Idol champ

By KIMBERLY GARDENWY

A few final performances were in the mail (literally) when CSI Idol champ, Laurence Hartnett, began her journey to a national CSI Idol finale on Nov. 21.

Hartnett is an associate of the students of the program, an experience that was included on her final e-mail as a national finalist. It was an honor for her to be a finalist.

Hartnett and her fellow contestants in the contest and the program were all very hard on a week's worth of decisions that included other winning student singers in the college.

The final was a surprise when she was the winner. She was the first to perform, and she was the first to win.

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The final was a surprise when she was the winner. She was the first to perform, and she was the first to win.

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Photo by David G. Taylor

Second-year student and laureate student Laurence Hartnett was awarded the title of CSI Idol. The final was held in the Sanctuary on Nov. 21, where Hartnett, along with fellow CSI Idol, was given the chance to perform and sing for judges, students and faculty.



Photo by David G. Taylor

Nicole Scales and Laurence Hartnett both made it to the CSI Idol final. They are second-year students in the education and business programs and are both students.



Photo by David G. Taylor

David G. Taylor and David G. Taylor both made it to the CSI Idol final. They are second-year students in the education and business programs and are both students.

